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TWO WEEKS TO FLU PROTECTION FOR THE HOLIDAYS: GET YOUR VACCINE NOW!



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Check the calendar: It's two weeks until Christmas Eve. That may mean hurrying with shopping and decorations, but it's also a reminder to get your annual flu vaccine now.

It takes about two weeks for protection from the flu shot to kick in. With cooler weather that brings everyone indoors and lots of holiday visitors for gatherings, getting immunized now will lessen the chances that you'll spend those special days sick. From babies older than six months of age to seniors, the flu vaccine is the best protection from the flu along with good hygiene.

Protect frail relatives and babies too young to be vaccinated by getting your own vaccine. Flu strains change from year to year so it is important to get immunized now even if you got vaccinated last year.

The Florida Department of Health in Pinellas County (DOH-Pinellas) is offering flu vaccines at its St. Petersburg, Pinellas Park, Clearwater, Mid-County and Tarpon Springs locations without an appointment at a cost of \$30 (\$45 for the high-dose version recommended for seniors).

It is also essential to properly and frequently wash your hands to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

For more information about the flu and where you can get the flu shot this year, go to www.FluFreeFlorida.com. To watch a 30-second video about how to keep vaccine between you and disease, click [here](#).

For information about DOH-Pinellas, go to www.PinellasHealth.com. Follow us on Twitter @HealthyPinellas.

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